

Meditative Walk

Station Four: Prayer Labryinth

As we are together, praying for peace, let us be truly with each other.

Let us pay attention to our breathing.

Let us be relaxed in our bodies and our minds.

Let us be at peace in our bodies and our minds.

Let us return to ourselves and become wholly ourselves.

Let us maintain a half-smile on our faces.

Let us be aware of the source of being common to us all
and to all living things.

Evoking the presence of the Great Compassion, let us fill our
hearts with our own compassion-- towards ourselves and
towards all living beings.

Let us pray that all living beings realize that they are all
brothers and sisters, all nourished from the same source of life.

Let us pray that we ourselves cease to be
the cause of suffering to each other.

Let us plead with ourselves to live in a way which will not deprive
other beings of air, water, food, shelter, or the chance to live.

With humility, with awareness of the existence of life, and of the
sufferings that are going on around us, let us pray for the
establishment of peace in our hearts and on earth. Amen.

Thich Nhat Hanh

*Feel free to walk silently and slowly,
maintaining awareness of the sights, sounds, smells,
and textures of the world around you.*

You may go in order of the stations as listed, or go your own way.

Station One: Moreau Remembrance Garden

The beauty of the trees,
the softness of the air,
the fragrance of the grass,
speaks to me.

The summit of the mountain,
the thunder of the sky
the rhythm of the sea,
speaks to me.

The faintness of the stars,
the freshness of the morning,
the dewdrop of the flower,
speaks to me.

The strength of fire,
the taste of salmon,
the trail of the sun,
and the life that never goes away,
they speak to me.

And my heart soars.

Chief Dan George

Station Two: Guardian Angel Statue by Riverbank

Water! Water! We praise you, O God, for water --
the Saint Joseph River, Lake Michigan, and other creeks and lakes,
the rain that nourishes animals and plants,
the water for drinking and bathing.
We praise you, O God, for water!

We praise you, O God, for our water stories --
a flood that cleansed the earth,
the sea that drowned the enemy,
a river that can heal leprosy.
We praise you, O God, for water!

We remember the waters of Jesus –
baptized in the Jordan River,
calming the Sea of Galilee,
drinking from Jacob's Well,
washing the disciples' feet,
on the cross thirsting for us.
We praise you, O God, for water!

O God, you are the Ocean, the source of all life.
O God, you are the River, saving us from death.
O God, you are the Stream, restoring our community's strength.

Gail Ramshaw

Station Three: Trees, yard in front of the Church

Mother Earth

Mother Earth, Queen of Heaven,
we celebrate your many names.

Within the earth that is your body,
the waters of your living womb,
the air that is your sacred breath,
and the fire that is your radiant spirit
life is born, grows, dies and is reborn.

Instill in us an awareness of
the cycles and rhythms of nature.
As seeds sprout in the spring,
so should the inspiration of new ideas.
From summer's fiery heat we shall
harness positive energy and
celebrate the abundance around us.
When the days grow short in the fall
we will listen to the wise intuitive inner voice
and honor our feelings.
During winter's cold days and long nights
we will acknowledge our bodies' wisdom
and the healing power of dreams.
The moon's celestial light and sacred dark
keep us in balance as our bodies cycle in harmony.
We will dance around the tree of life,
listening to your leaves whisper words of wisdom,
and celebrate your abundant beauty.

Ms. Judy Coates Perez